

**ST. JOHANNES COLLEGE**  
(Kindergarten section)

Dear Parents,

Here is the menu of September.

Date	Menu
September 3, 2018	粉絲蒸蛋配雞件十穀飯 Ten grain rice with chicken and steamed egg with bean vermicelli
September 4, 2018	鮮茄豬扒飯 Rice with pork chop in tomato sauce
September 5, 2018	津菜牛肉球配上海麵 Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage
September 6, 2018	蘿蔔炆魚條飯 Rice with stewed sliced fish patty, turnip and carrot
September 7, 2018	白菌汁雞件飯 Rice with chicken in cream mushroom sauce
September 10, 2018	粟米飯團配粉粿,燒賣 Corn rice roll and Chiu Chow dumplings, siu mai
September 11, 2018	蕃茄茸燴雞球飯 Rice with chicken pieces in tomato sauce
September 12, 2018	焗磨菇豬柳漢堡飯 Baked rice with pork burger and mushroom
September 13, 2018	茄子燴魚腐飯 Rice with fish tofu and eggplants
September 14, 2018	洋蔥豬扒飯 Rice with pork chop and onion
September 17, 2018	焗粟米魚柳飯 Baked rice with fish fillet and corn
September 18, 2018	餐飯配迷你肉餅米粉,時蔬 Glutinous rice roll, mini rice vermicelli with pork patty, vegetable
September 19, 2018	焗美極汁雞扒飯 Baked rice with chicken steak in Meggi sauce
September 20, 2018	冬菇肉片飯 Rice with pork slices and mushroom
September 21, 2018	焗薯仔雞肉意粉 Baked spaghetti with chicken and potato
September 24, 2018	鮮菇燴肉餅配麥米飯 Wheat rice with mushroom and pork patty
September 26, 2018	干燒伊麵配魚餅豆腐 E-fu noodles with sliced fish patty and tofu
September 27, 2018	時菜炆牛腩飯 Rice with beef brisket and vegetable
September 28, 2018	焗白菌三絲意粉 Baked spaghetti with mixed shredded meat and mushroom

**ST. JOHANNES COLLEGE**  
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of September.

Date	Menu
September 3, 2018	菠蘿汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd roll in pineapple sauce
September 4, 2018	鮮竹燴素獅子頭飯 Rice with braised vegetarian pork ball and bean curd sheet
September 5, 2018	玉蘭珍珠筍燴素豆卷飯 Rice with braised vegetarian bean roll and mini bamboo shoots
September 6, 2018	磨菇粟米豆腐配扁意粉 Linguine with tofu, mushroom and corn in cream sauce
September 7, 2018	上湯雪耳浸津白配腐皮卷麥米飯 Wheat rice with bean curd roll, Chinese cabbage and Chinese white fungus in soup
September 10, 2018	冬菇蒸蛋配蘿蔔煮豆腐五穀飯 Five grain rice with steamed egg, mushroom, tofu and turnips
September 11, 2018	西芹鮮菇素鴨飯 Rice with dried bean curd, mushroom and celery
September 12, 2018	時瓜珍珠筍炆腐竹配粟米飯 Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd
September 13, 2018	黑椒腰豆什菜燴通心粉(微辣) Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy)
September 14, 2018	雙菇燴鮮竹飯 Rice with braised bean curd sheet and mixed mushroom
September 17, 2018	粟米木耳素肉條配糙米飯 Brown rice with vegetarian meat, Chinese black fungus and corn
September 18, 2018	香芋冬菇燴時蔬飯 Rice with mushroom, vegetable and taro
September 19, 2018	鮮竹燴時蔬配撈米粉 Rice vermicelli in sauce with vegetables and bean curd sheet
September 20, 2018	三角豆燴什菌意粉配時蔬 Spaghetti with chick peas and mushroom, vegetable
September 21, 2018	鮮菇腐皮炆時瓜配紅米飯 Red rice with gourd, mushroom and bean curd sheet
September 24, 2018	粟米蒸蛋配燴津菜麥米飯 Wheat rice with Chinese cabbage, steamed egg with sweet corn
September 26, 2018	雙耳北菇扒素菜卷配五穀飯 Five grain rice with vegetarian roll, mixed mushrooms and fungus
September 27, 2018	三角豆薯仔燴螺絲粉 Fusilli with chick peas and potato
September 28, 2018	粟米西芹燴豆腐飯 Rice with corn, celery and tofu